

from these fruits

Grapes

Grape juice

Peaches, canned

Potassium

High Potassium Foods

If your potassium level is high, avoid these foods. If your potassium level is low, choose these foods more often.

FRUITS VEGETABLES OTHER Apricots Artichokes Chocolate Avocados Beans (dried): black Cocoa kidney, lima, pinto Bananas Custard red, white, refried, etc. Dates Lentils **Figs** Greens: beet, chard. Milk Kiwi collard, kale, mustard, Milk drinks spinach, turnip Mangos Milkshakes Melons **Parsnips** Nut butters Potatoes: sweet, white **Nectarines** Nuts **Oranges** French fries, chips, etc. Peanut butter **Papayas Pumpkins Peanuts** Peaches, fresh Tomatoes: fresh, canned. **Pudding** Pears, fresh paste, sauce, soup, juice Salt Substitutes Winter squash Prunes Yogurt *Any fruit juices made Yams

Lower Potassium Foods

If your potassium level is high, choose these foods more often.

Zucchini

Lettuce

Onions

Peas, green

VEGETABLES FRUITS OTHER Apples Beans: green, wax Bread products Apple juice Cabbage Nondairy creamer **Applesauce** Celery Pasta Blackberries Corn Rice Blueberries Crookneck squash **Tortillas** Cranberries Cucumber Cranberry juice **Eggplant**

Peach nectar Peppers
Pears, canned Radish
Pear nectar Summer squash
Pineapple
Pineapple juice
Raspberries
Strawberries
Strawberry nectar